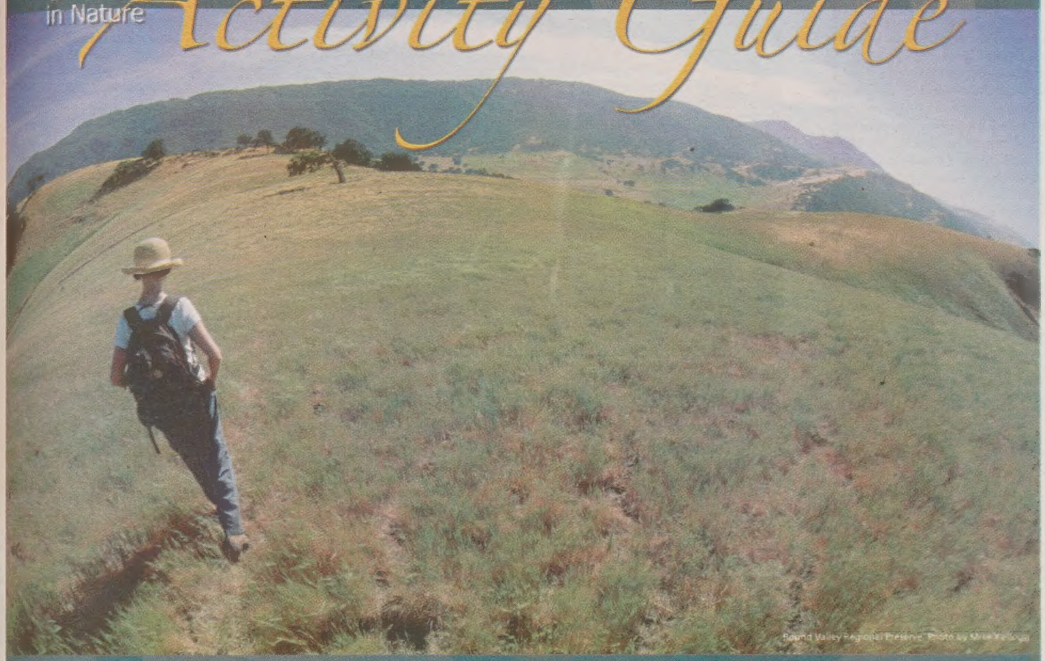
East Bay Regional Park District
www.ebparks.org

September-October 2006

Regional in Nature Activity Guide



Round Valley Regional Preserve. Photo by Mike Kellogg

Cajun/Zydeco Festival
Sept. 23, see page 5

Ardenwood Harvest Festival
Oct. 14 & 15, See page 6

Garin Apple Festival
September 9, see page 9

FREE Outdoor Movies, page 4
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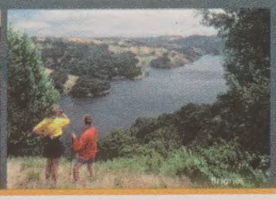
Geology Rocks! at Tilden Nature Area, page 8

Black Diamond



Brighton

Las Trampas

Diablo Foothills

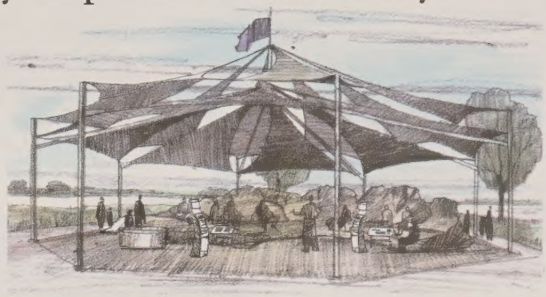
Brushy Peak

INNOVATIVE

Delta Discovery Experience Underway

Thanks to a nearly $1.5 million grant from the State of California, the East Bay Regional Park District will begin construction on a new outdoor education learning environment called the Delta Discovery Experience. The Delta Discovery Experience will be located at the 40-acre Big Break Regional Shoreline Park overlooking the Delta in Oakley. Once complete, this unique interpretive park will provide an outdoor plaza with a barrier-free path that meanders by interpretive displays of a Native American village, Delta animals, a living wetland lab, an active watershed exhibit, tidal wetlands, an observation tower, canoe and kayak launch, and the 100-foot pier that was completed last year. Visitors can stop at the open-air pavilion for more hands-on displays and interpretive information about the Delta and its importance to the environment. "The Delta Discovery Experience will be a real asset to the residents of Oakely and the East Contra Costa County region," states Park District General Manager Pat O'Brien. "Everything being proposed for Big Break is a way to involve the public in understanding how critical the Delta is to California. The Park District's goal is to encourage the community to participate in Delta solutions while enjoying recreation opportunities on the water."

The Delta Discovery Experience will be built in stages with the goal of opening some of the park in the summer of 2008.



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GENERAL INFORMATION
FREE BROCHURE....(510) 562-PARK
CAMPING
RESERVATIONS.....(510) 562-CAMP
PICNIC
RESERVATIONS.....**(510) 636-1684**
NATURALIST PROGRAM
RESERVATIONS.....(510) 636-1684
TDD.....(510) 633-0460
WEB SITE.....WWW.EBPARKS.ORG

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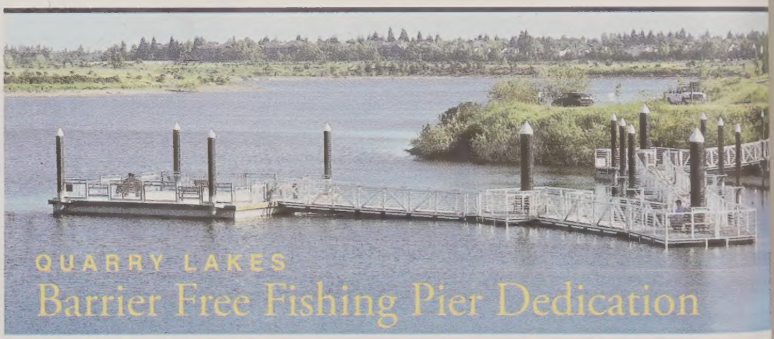
Visit **www.ebparks.org** for map downloads, activity and event information, and much more!

APPLE TIME

Autumn is near and apple time is here. Come to Garin/Dry Creek Regional Park in Hayward on Saturday, September 1 from 12-4 p.m. to experience some good old-fashioned fun! Garin is home to an orchard with 160 antique varieties of apples that you just won't find anywhere else. The orchard is lovingly maintained by a dedicated group of volunteers who will be on hand to lead tours and hand out samples.

In addition to orchard tours and apple tasting, the festival provides lots of ***family-oriented fun!*** Join us for old-fashioned games such as the egg toss, or a spirited bout of tug o' war. Antique kitchen gadgets will be on display. Earn your keep on the farm by cranking out ice cream and apple cider. After a hard day's "work," relax with some Dutch oven apple crisp and enjoy folk music.

A future Delta Learning Center is planned in conjunction with Los Medanos College, which will provide a classroom and lab for college studies. Additional education and research should additional funding be secured.



QUARRY LAKES

Barrier Free Fishing Pier Dedication

On October 5 at 11 a.m., the East Bay Regional Park District and Alameda County Water District will officially dedicate the new barrier-free fishing pier at Quarry Lakes Regional Recreation Area. The pier is located on Horseshoe Lake, the largest of the recreation area's three lakes and one of the most popular fishing spots in the East Bay. Nearly 30,000 fishing permits were issued last year at Quarry Lakes with the biggest draw being Horseshoe Lake. It is regularly stocked with trout and catfish. Bass were also planted in the lake and are self-sustaining.

Although the pier has been open for several months, the dedication was scheduled to coincide with the Disabled Kids Fishing Derby to be held on October 5. The pier is open and people are enjoying it.

The water level at Horseshoe Lake varies from 35 feet in the winter to 15 feet in the summer, making it difficult to fish from shore due to slippery conditions. The pier solves that problem because it was designed to rest on stops to rise and fall with the water elevations. The barrier-free pier makes fishing available for anyone who wants to give it a try. Plus, the pier is a great way to really enjoy a stroll at the lake.

Construction of the pier along with improvements to the parking lot and access paths was a cooperative project between the East Bay Park District and the Alameda County Water District. The cost of the fishing pier was $1.2 million, with funding from Measure AA and State Parks Prop. 40, bonds passed by voters in 1989 and 2002, along with a grant from Wildlife Conservation Board.

GHOSTS IN THE PARK

By Joe DiDonato

Joe DiDonato

The Berkeley kangaroo rat is a nocturnal mammal who cautiously leaves its burrow to gather seeds, all the while avoiding predators like coyotes, owls and rattlesnakes. Thought to be extinct, a recent discovery may have it back on the map.

All too often we hear about endangered species, species on the brink of extinction, and even species which have gone extinct in our lifetimes. Some that once inhabited the Earth are now merely ghosts of the past. However, there are the occasional surprises like the recent discovery of the ivory-billed woodpecker in the swamps of the Southeast. This bird was thought to have gone extinct in the early part of the century.

Now, the East Bay may have its own success story, with a particular little animal known as the Berkeley kangaroo rat. The Berkeley kangaroo rat, a subspecies of the more common Heermann's kangaroo rat, once occurred throughout western Alameda and Contra Costa counties in the Berkeley and Oakland hills. Presumed extinct, it hasn't been seen in about 60 years. Not unlike the ivory-billed woodpecker, we may have rediscovered it in the Ohlone Wilderness and are awaiting genetic tests to clarify if this little ghost of the night is still hopping across the Park's grasslands.

Joe DiDonato is the Stewardship Manager for the East Bay Regional Park District. With nearly 100,000 acres of protected open space, the Park District offers safe harbor to many endangered species. Over 50 species of animals and dozens of plants on the endangered species list live in the parks. Some of them may live nowhere else in the world.

ORGANIC FARMING IN FREMONT

Looking for some healthy, wholesome organic fruits and vegetables? Try Perry's Fresh Organic Produce, located at the entrance to Ardenwood Historic Farm in Fremont. Perry's offers organic fruits and vegetables for sale at very reasonable prices. The produce stand is open seven days a week from 9 am - 7 pm from mid-June through the end of November. Crops include pumpkins, lettuce, carrots, peas, corn, peppers, beets, tomatoes, and lots more!

Next to the produce stand is Perry's Family Pumpkin Patch, where you can search for the perfect pumpkin. Children of all ages will find lots to do here during the month of October, including hay rides, field trips, a pumpkin patch, and one of the best corn mazes in the state! There's no fee to visit the produce stand or pumpkin patch. Find out more at www.perryfarmsorganic.com

Fall is a busy time at Ardenwood. Don't miss the Annual Harvest Festival on October 14-15 and all of the fall festivities listed on pages 4-6. Ardenwood Historic Farm is located at 34600 Ardenwood Blvd. in Fremont off Hwy 84. Visit www.ebparks.org for more information.

Regional Parks Foundation Raises $65,000 for Youth Camping

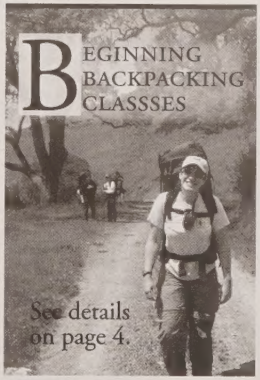
On June 10, 2006, the Regional Parks Foundation held a dinner at Black Diamond Mines Regional Preserve in Antioch to raise funds to support youth camping programs in the East Bay Regional Parks. This first-time event called "Diamond in the Rough" was both fun and successful, raising $65,000 to send kids to camp. A special thanks to the following generous sponsors:

$15,000 and above: Chevron

$10,000-$14,999: NUMMI and Dumbarton Quarry Associates

$5,000-$9,999: Pacific Gas and Electric Company and UBS

$2,500-$4,999: Drs. Carol Baird and Alan Harper; Rosemary Cameron and David Perper; Clear Channel Radio; EDC Electric, Inc.; Jones Hall, APLC; Injex Industries; Kaiser Permanente; Kelling, Northcross & Nobriga; Mark and Jean McGranahan; June Nye-Nebel; Alain Pinel Realtors; Michael G. and Terri O'Connell; Orrick, Herrington & Sutcliffe, LLP; Alain Pinel Realtors; RBC Capital Markets; Roisman Henel LLP; S&S Supplies and Solutions; Shell Martinez Refinery; Tersoro Golden Eagle Refinery; Toyota Motor Sales; Wendel, Rosen, Black & Dean, LLP; Tom and Marla Williams Charity Fund.



Health Matters

East Bay Regional Park District

KAISER PERMANENTE® AND thrive

ARE PROUD PARTNERS IN 2006 WITH THE MUTUAL GOAL OF PROMOTING HEALTH AND FITNESS.

Small Steps to a Healthy Lifestyle

Eating healthy foods can improve your overall health and may even help prevent disease from occurring. So, how do you go about eating healthy? Commit to making small changes and healthy choices! For starters, you could try to eat at least five servings of fruits and vegetables every day and limit the amount of fat and sugar you consume. You'll want to try to eat a variety of foods throughout the week, and you'll want to limit the portion sizes too.

You can quickly improve how you eat by making small changes. Add one fruit or vegetable to meals or snacks until you have reached five a day. A whole piece of fruit, like a medium sized apple, is one serving. Fresh is best but frozen, dried and canned fruits and vegetables, are good choices too. Look for labels that say "in light syrup" or "no added salt." Eat less fat. Broil or bake meat or chicken instead of frying. Take healthy snacks with you to avoid hunger later in the day. Choose high-fiber foods like fruits, vegetables and whole grains. These help you feel full and most are low-fat. Try a small change for one to two weeks then start the next change.

One way to be successful at making changes is to keep a food diary. Write down what you eat and how much you eat. Try keeping a food diary for a week or two. This can help you keep track of your eating patterns.

Making changes can be hard but when it comes to taking care of yourself, it's worth the effort so you can do the things that you want to do.

Kaiser Permanente is a major sponsor of the Park District's 2006 Trails Challenge. To learn more about getting in shape and healthy lifestyles visit www.kp.org (you do not need to be a member of Kaiser to receive information).

AQUATICS

RECREATION SWIM
Roberts Pool, Oakland
Lifeguarded swim hours are typically 11 a.m.-6 p.m. during swim season. Facility addresses and phone numbers are listed on inside back cover or visit ebparks.org/swimming for specific dates and times.

PRIVATE POOL RESERVATIONS
Roberts Pool, Oakland
M-F daytime only, 9/5-10/6
Roberts Pool is a perfect facility for a swim party. Lifeguard service provided. 150 person maximum: alcohol not permitted.
Reg. Required: (510) 636-1684
Fee: call

RECREATION

For Recreation program information, call (510) 544-2554 or email recreation@ebparks.org. To register, please call (510) 636-1684. Special Cancellation Policy applies for all Recreation programs; see page 11. All classes dependent on registration minimums.

FREE OUTDOOR MOVIES & NATURALIST PROGRAMS
Black Diamond, Lake Chabot
7:30-10pm, Sat, Sep 16
7:15-10pm, Sat, Sep 23
Sept. 16: Black Diamond–Black Diamond Mines is 30 years old! Help us celebrate as we view the Academy Award winning film, "How Green Was My Valley" outdoors on the big screen. This classic film tells of the Morgan family and their lives in a turn-of-the-century Welsh coal-mining town. A limited number of chairs and picnic tables will be available. Feel free to bring your own chairs, blankets, and picnic. Rain cancels. For information, call (925) 757-2620. **Sept. 23**: Lake Chabot–Bring the family and a picnic to watch a free showing of "E.T." on a large outdoor screen! Before you watch the movie about "extra terrestrials," learn about and even touch some local "intra terrestrial" animals with our park naturalist. Bring a chair and dress for cool weather. Snacks will be available for purchase.

TRAILS CHALLENGE
Join us for this extremely popular, self-guided hiking program! Thousands of people like yourself have participated over the last ten years–over two thousand last year alone! With your registration you will receive the 2006 Guidebook filled with 20 of the best hikes in the East Bay Regional Park District. This year, Trails Challenge invites you to hike 5 of the 20 trails by December. Participants receive the 2006 trails guidebook, commemorative pin and the Trails Challenge T-shirt (short-sleeved, light blue). This year's special gift is a park pen, to help you keep track of all the miles that you complete. 2006 Trail bandanas are available for yourself or your canine friends for an additional fee. Long-sleeve May Marathon shirts are still available. These programs are a great way to see new parks, get outside, be active and get healthy. Come join us! Kaiser Permanente is a major sponsor of the 2006 Trails Challenge.
Reg. Required: (510) 636-1684
Fee: Trails Challenge #11563: $13 (non-res. $15).
May Marathon #11564: $18 (non-res. $20)

KIDS CHALLENGE PASSPORT
The all new 2006 Passport to the Parks (#11580) is filled with fun activities for kids. All receive frisbees, and those that complete the Kids Challenge (six activities by Dec.) will get a commemorative patch and carabiner compass. The Kids Challenge Passport is completely self-paced. Some activities require parent participation and/or additional fees.
Reg. Required: (510) 636-1684
Groups of 10+ call (510) 287-5847
Fee: $8 (non-res. $10)

INTRODUCTION TO PIER FISHING
Antioch Pier — Mike Hawley
8-10am, Sat, Sep 9 #12957
Learn the basics of pier fishing. Beginning anglers will learn knot tying, casting, bait selection, gear selection, fish habitat and ecology. There will be plenty of time for hands-on fishing where anglers will get to try out some of their newly learned skills. 5+yrs
Reg. Required: (510) 636-1684
Fee: $19 18+yrs/$15 5-17yrs
(non-res. $21/$17)

INTRO TO FLYFISHING–FISH FIRST!
Lake Anza — Fish First!
7am-1pm, Sun, Sep 10 #12960
7am-1pm, Sun, Oct 15 #12961
This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy three hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more. 18+yrs
Reg. Required: (510) 636-1684
Fee: $60 (non-res. $66)

INTRO TO GOLF
Tilden — American Golf Corp.
1-3pm, Fri, Sep 15 #12939
5:30-7:30pm, Wed, Sep 20 #12938
5:30-7:30pm, Thu, Oct 12 #12942
Learn pre-shot and full-swing fundamentals, and become familiar with terminology/equipment. Golf balls and loaner clubs are provided. Participants will also receive a free $20 range card for use at the driving range and $20 off a future class at the golf course. 14+yrs
Reg. Required: (510) 636-1684
Fee: $50 (non-res. $56)

BEGINNING PORTRAIT PHOTOGRAPHY
Lake Chabot — Jack Ligon
8am-4pm, Sat, Sep 16 #12951,
8am-4pm, Sat, Oct 21 #12952
Join us for a fabulous photography class that will leave you seeing from a brand-new perspective. Posing, posture, expression, composition, light, and color will be thoroughly covered. Your personal style and vision will be enhanced by the many stimulating class exercises. ANY camera will do! 14+yrs
Reg. Required: (510) 636-1684
Fee: $65 (non-res. $73)

EQUINOX HIKE/MEDITATION
Brushy Peak — Sue Evans
9am-12:30pm, Sat, Sep 16 #13081
Brushy Peak has a rich history, and considered sacred to generations of native Californians. Join other women as we explore varied terrain on this 4.5-5 mile loop hike. (some uphill). We will call in the four directions to celebrate fall equinox.
Fee: $21 (non-res. $25)

FLAG HILL HIKE/MEDITATION
Sunol — Sue Evans
9am-1:30pm, Sat, Oct 21 #13080
Get your heart pumpin' on this great loop hike with great views. Included is a special mindful activity/meditation facilitated by Sue and a group digital photo. The distance is about 4.5 miles with some healthy elevation gain we'll take slowly.
Fee: $21 (non-res. $25)

DISCOVER KAYAKING
Lake Chabot Marina — Current Adventures
10am- 2:30pm, Sat, Sep 16 #13085
11am- 3:30pm, Sat, Oct 7 #13086
Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request). You'll have lots of time to practice as we explore the bays and inlets of the lake. Parent participation is required for children 5-13 years old.
Reg. Required: (510) 636-1684
Fee: $85 14+yrs/$69 5-13yrs
(non-res. $95/$77)

INTERMEDIATE FLYFISHING
Lake Anza — Fish First!
7am-1pm, Sun, Sep 17 #13088
A follow-up to our very popular introductory class. The morning will include flycasting presentation. The classroom portion will cover reading the water, correct fly selection, places/times to fish, and how you can be in the 20% of the fisherpersons who catch 80% of the fish. 18+yrs
Reg Required (510) 636-1684.
Fee: $60 (non-res. $66)

BEGINNING BACKPACKING
Joe Stack
Fri-Sun, Sep 22-24, Sunol #12965
Sat-Sun, Oct 21-22 Black Diamond #12967
Join us for an exciting trek in the Regional Parks designed to fine tune your backpacking skills, enjoy the wilderness, and meet new backpackers. At camp we will provide instruction on proper backpacking techniques, skills, equipment, and wilderness safety. **Sept. 22**: Sunol. **Oct. 21**: Black Diamond. 10+yrs
Reg. Required: (510) 636-1684
Fee Sunol: $92 (non-res. $102)
Fee Black Diamond: $67 (non-res $75)

INTERMEDIATE BAY PADDLING
MLK Jr. Shoreline — Current Adventures
11am-4pm, Sat, Sep 23 #12962,
11am-4pm, Sun, Oct 15 #12963
This is an in-depth focus on skills to go paddling on your own. Learn proper strokes, maneuvers, tide/current basics, and capsize recovery while paddling on the bay. The MLK Jr. marshlands offers great opportunities for viewing shorebirds while you learn to navigate the bay environment. 14+yrs
Reg. Required: (510) 636-1684
Fee: $85 (non-res. $95

LLAMA DAY HIKE
Redwood — Lamas Outfitters
10am-4pm, Sat, Sep 30 #12945, Sun, Oct 1 #12944, Sat, Oct 21 #12946, Sun, Oct 22 #12947
Come experience the wonderful world of llama packing! Experienced llama packers will guide this 4-6 mile hike. Llamas will carry your lunches and personal items and you will have the opportunity to lead a llama while learning about handling, caring for, and packing with llamas. 8+yrs
Reg. Required: (510) 636-1684
Fee: $35 (non-res. $39)

BEGINNING FLY CASTING
Shadow Cliffs — Lois Kilburn
8:30am-1:30pm, Sun, Oct 1 #12949
Learn knots, roll cast, pick-up and lay down cast, false casting, and how to select equipment and set up your fly rod. Class is taught by a national champion tournament caster. 15+yrs
Reg. Required: (510) 636-1684
Fee: $60 (non-res. $66)

BASICS OF BASS FISHING
Contra Loma — Mike Hawley
8-10am, Sat, Oct 14 #12959
Participants already familiar with fishing will learn the basics of bass fishing including rigging, casting, knot tying, ecology and conservation, habitat, and fish behaviors. There will be hands-on fishing time during which participants will be able to demonstrate what they have learned. Gear provided. 5+yrs
Reg. Required: (510) 636-1684
Fee: $19 16+yrs/$15 5-15yrs
(non-res. $21 /$17)

TRICKS AND TREATS UNDERGROUND
See description under Black Diamond.

ARDENWOOD

Ardenwood is open Tues-Sun 10 a.m.-4 p.m. Patterson House tours are available Thurs-Sun. Blacksmithing demonstrations Thur, Fri, Sun, and every other Saturday. Horse drawn train rides and food service available Thur, Fri and Sun. Admission fees apply. For program and fee info: (510) 796-0663, awwsr@ebparks.org or www.ebparks.org.

BLACKSMITHING DEMONSTRATIONS
Ardenwood — Ardenwood Forge
10am-4pm, Thu, Fri, Sun & every other Sat in Sep & Oct
Stop by the Blacksmith Shop and watch the smith transform plain steel bars with fire, hammer and anvil into beautiful tools, hardware and decorative items.

ANIMAL FEEDING
Ardenwood — Interpretive Staff
3pm, Thu-Sun
Slop the hogs, check for eggs, and bring hay to the livestock. Learn all the animals' favorite foods as we help tuck them in for the evening.

COUNTRY KITCHEN COOKIN'
Ardenwood — Interpretive Staff
10:30am-2pm, Sun in Sep, Sat & Sun in Oct
Enjoy the flavor of the past with treats cooked on our wood burning stove. Sample foods grown on the farm and discover the history of your favorite treats.

WHAT'S BREWING ON THE FARM
Ardenwood — Ira Blatt
1-3pm, Mon, Sep 4
Brewing was common on 19th century farms. We'll brew up some honey-wheat ale using ingredients from the farm. Taste the fruits of our labor or sample some homemade root beer.

FARM FRIENDS
Ardenwood — Interpretive Staff
10:30-11:30am, Sat, Sep 9, 16, 30
11am-noon, Sun, Oct 22
Here's your chance to get up close to your favorite barnyard buddies. Feed the sheep, pet a bunny, greet the goats, and play chicken with a chicken. Discover why these animals are such an important part of the farm.

HISTORIC RAIL FAIR
Ardenwood — Railroad volunteers
10am-4pm, Sat-Mon, Sep 2-4
All Aboard! Join us for a weekend of trains as local railroad history comes alive with a steam locomotive, equipment displays, model railroad layouts, handcar rides, a hobo camp and more. This year's special guest locomotive is an 1889 Porter Tank Engine. Sponsored by S.P.C.R.R. (Ardenwood's horse-drawn railroad).
Fee: $8 adult 18-61yrs/$6 senior 62+yrs/$5 4-17yrs. Under 3yrs free

BROOKS ISLAND OUTFITTER PADDLE ✱ SP
Brooks Island
9am-3pm, Sat, Sep 2 #12680, Oct 14 #12681 Cal. Canoe & Kayak
11am-4pm, Sun, Oct 29 #11672 Current Adventures
Join us for an exciting day of kayaking and exploration! This trip is an easy, short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island's preserved shoreline, then come ashore to enjoy a guided, 2-mile hike around the island, normally closed to visitors. Instructors will give a brief introduction to equipment and strokes.
Reg. Required: (510) 636-1684
Fee: $85 (non-res. $95)

BROOKS ISLAND "BRING YOUR OWN BOAT" PADDLE SP
Brooks Island
Interpretive Staff
10am-2pm, Sun, Sep 10 #11630, Sat, Oct 21 #11631, Sun, Nov 12 #11632
Paddle the rising tide across the Richmond Harbor Channel to Brooks Island. Explore the island's natural and cultural history, and enjoy views from its rocky peak. For experienced boaters who can provide their own canoe or kayak, and safety gear. Parent Participation is required. $10 Parking fee may apply.
Reg. Required: (510) 636-1684
Fee: $20 (non-res. $22)

HOIST THAT BALE
Ardenwood Interpretive Staff
1-2pm, Sat, Sep 9
Use our antique machine to make rope, then use some to hoist hay into the barn. Learn to tie some useful knots using your rope.

STORIES IN THE GARDEN ♿
Ardenwood Interpretive Staff
1-2pm, Sat, Sep 9
Bring your youngest farmhands for this special time in the Vegetable Garden. We'll read some favorite stones and taste some garden treats.

MEET THE BUNNIES ♿
Ardenwood Interpretive Staff
2-3pm, Sat, Sep 9
Hop on over for a warm welcome from some of the farm's furriest residents. Learn why rabbits are great hoppers and how they use their long ears to sense danger.

POTATO HARVESTING ♿
Ardenwood Gaeta Bell, Sara Fetterly
11am, Sun, Sep 10, 17, 24
It's time for the great potato harvest! Learn the spectacular history of this New World native as you dig in your spade and help find the spuds.

LOVELY LADIES CROQUET ♿
Ardenwood Ardenwood Docents
1-3pm, Sun, Sep 10
A proper Victorian lady wasn't always limited to watching sports from the sidelines. Don't miss your chance to watch an entertaining example of a very Victorian croquet game.

A TASTE OF THE PAST ♿
Ardenwood Gaeta Bell
2-3pm, Sun, Sep 10
Help tend our vegetable garden. We'll harvest, save seeds and compost. Compare the tastes of the past to the present. Discover the importance of yesteryear's vegetables today.

TODDLER TIME ♿
Ardenwood Ira Bletz
10:30-11am, Tue, Sep 12, 19, 26, Oct. 3, 10
Ardenwood Ira Bletz
Bring the tiny tots out for an exciting morning at the farm. Each day we'll meet and learn all about a new animal friend through stories, chores and fun. **Sept. 12**: Chickens. **Sept. 19**: Pigs, **Sept. 26**: Sheep. **Oct. 3**: Goats. **Oct. 10**: Rabbits. 1-4yrs

PAPER-MAKING WORKSHOP ♿
Ardenwood Jou-Ching Chen
11am-12:30pm, Sat, Sep 16
Paper-making is a tradition going back for thousands of years. Learn about this fun art and create your own with pressed flowers and plants collected around the farmyard.

ICE CREAM MAKING ♿
Ardenwood Interpretive Staff
1-2pm, Sat, Sep 16, 30,
2-3pm, Sun. Oct 1, 8
What could be better than ice cream on a weekend afternoon? Hand-made ice cream from the farm, of course! Discover why you need lots of salt to make ice cream; find out as you help churn some tasty ingredients into this most popular dessert. The longer you turn the crank the sooner you can have a taste.

"A" IS FOR APPLE ♿
Ardenwood Interpretive Staff
2-3pm, Sat, Sep 16, 30
Our apples are falling off the tree. Join us in picking George Washington's favorite apple, then sample the many other varieties grown in our heirloom orchard.

DYING FOR COLOR ♿
Ardenwood Sara Fetterly, Eric Nicholas
1-2pm, Sun, Sep 17
Corn cobs, walnuts, berries, and onions! Bring a white shirt or handkerchief to dye, and see how common plants can produce all the colors of the rainbow.

MR. POTATO HEAD ♿
Ardenwood Eric Nicholas
2-3pm, Sun, Sep 17
We've harvested the potatoes, now it's time to make a new 'old' friend. Create a potato pal to take home and learn some little-known facts about this popular tuber.

MELODRAMA TEA ♿
Ardenwood Vol. Tea Committee
1-3pm, Sun, Sep 17 #13051
Enjoy a Victorian afternoon tea with dainty tea sandwiches, scones, lemon curd and pastries. Hostesses in period attire will serve you in Ardenwood's lovely garden. Then cheer for the hero and hiss the villain during the old-fashioned melodrama presented by our merry band of volunteers. Admission included. 8+yrs
Reg. Required: (510) 636-1684
Fee: $15 (non-res. $17)

JUNIOR VICTORIAN EXPLORERS
Ardenwood Nicholas, Twomey
Noon-1pm, Sun, Sep 24 #13055,
noon-1pm, Sun, Oct 22 #13056
Come to the granary to explore the wilds of Ardenwood in a children's program designed to teach natural observation skills. **Sept. 24**: Animal Awarenes. **Oct 22**: The Changing Seasons. 7-12yrs
Reg. Required: (510) 636-1684

OLD-FASHIONED GAMES
Ardenwood Interpretive Staff
1-2pm, Sun, Sep 24, 1-2pm, Sun, Oct. 29
Race on over to the Farmyard lawn for some old-fashioned fun! Join a sack race, try hoop rolling, or practice walking on stilts.

PAST AND PRESENT ♿
Ardenwood Gaeta Bell
2-3pm, Sun, Sep 24
Discover the 100-year old mysteries of this working historic farm. Stroll the grounds and learn who lived here, what life was like, and how things changed.

IMAGES FROM ANOTHER TIME ♿
Ardenwood Eric Nicholas
3:30-4:30pm, Sun, Sep 24, Oct. 22
Bring your camera for a look at the farm through a lens. With Victorian architecture, the fashions of the day and animals, how can you miss?

AN EVENING WITH THE STARS ♿
Ardenwood Garcia, Nicholas
8-9:30pm, Fri, Sep 29 #13054
Spend an evening with the stars. View the universe by telescope and hear about the skies above. Explore constellations Come out to do some great astronomy activities personal telescopes welcome. 6+yrs
Reg. Required: (510) 636-1684

MARBLE MANIA
Ardenwood Sara Fetterly
11am-noon, Sat, Sep 30
Losing your marbles? Well we have plenty to spare. Learn a cat's eye from a shooter as we explore and play the old-fashioned game called Marbles.

BOUNCING BUNNIES ♿
Ardenwood Interpretive Staff
11-11:30am, Sun, Oct 1, Sat, Oct 28
Hop on over for a warm welcome from some of Ardenwood's furriest residents. Learn why rabbits are great hoppers and how they use their long ears to sense danger.

THE HERBAL HARVEST ♿
Ardenwood Interpretive Staff
11am-noon, Sun, Oct 1
Come out and help harvest some traditional medical plants. Learn how to clean and preserve herbs for winter use. Learn how folks used to heal themselves the natural way.

PITCHIN' IN ON THE FARM ♿
Ardenwood Interpretive Staff
11:30am-noon, Sun, Oct 1
Let your little farmer lend a hand, feeding the animals and collecting eggs from the hen house. They may be surprised how fun "pitchin' in" can be.

INDIAN CORN ART ♿
Ardenwood Carl Hilts
Noon-1pm, Sun, Oct 1
The colors of the Indian corn are a-maize-ing! Learn about these colorful kernels as you create a masterpiece using corn grown right here on the farm!

FLOWER PRESSING ♿
Ardenwood Amy Baldwin
1-2pm, Sun, Oct 1
Flowers can last forever by pressing them! Create a keepsake to take home. Assemble your press, and take a fall flower tour of our gardens to clip samples for pressing.

MORNING FARM CHORES FOR KIDS ♿
Ardenwood Interpretive Staff
10:30-11:30am, Sat, Oct 7, 21
Even the smallest tykes can help with the daily chores. Have fun shelling and cracking corn for animal feed, collecting eggs from the hen house or grooming the goats.

NUTTY AND CORNY CRAFTS ♿
Ardenwood Baldwin, Chen
1-2pm, Sat, Oct 7, 28
Our walnut trees are dropping their ripened seeds to the ground while the colorful Indian corn is ready for the picking. Come make fun toys and decorations using your imagination!

APPLE CIDER PRESSING ♿
Ardenwood Christina Garcia, Carl Hilts
2-3pm, Sat, Oct 7, Sun, Oct 22, 29
Once you taste this sweet elixir you will understand why cider was once the most popular beverage in America. Help us turn apples into juice and then have a taste.

WHO'S GOT YOUR GOAT ♿
Ardenwood Interpretive Staff
11am-noon, Sun, Oct 8
What does it takes to care for a goat? Lend a hand with Angel, Gretchen and Inga. Help groom them before taking them on a walk around the farm.

Nathan Williams and the Zydeco Cha Chas.

CAJUN/ZYDECO FESTIVAL
Ardenwood
10am-6pm, Sat, Sep 23 #12721
Enjoy some of the best Louisiana Creole Cajun-Zydeco music featuring headliners Mark St. Mary Blues & Zydeco Band, Les Amis Creole, Queen Ida Zydeco Band, Zydeco Magic and Nathan and the Zydeco Cha Chas with Nathan Jr. and Andre. There will be dance lessons, specialty vendors, and delicious Cajun food.
Advance Fee: $14 11+yrs. 10yrs and under, free with advanced purchase.
Gate Fee: $18 11+yrs/$1 5-10yrs under 5yrs free

= Register at www.ebparks.org ♿ = Disabled accessible program SP = Parking fee may be charged ✱ = Financial assistance is available = Kids Challenge program

FARMYARD GAMES ♿
Ardenwood Interpretive Staff
Noon-1pm, Sun, Oct 8
Bring the family and enjoy some old-fashioned fun. Master games children played 100 years ago. You can roll a hoop, shoot marbles or spin a top!

LIGHT UP MY LIFE: CANDLE MAKING ♿
Ardenwood Carl Hilts
Noon-1pm, Sun, Oct 8, Oct 22
From bees to light, come learn how a farm could supply their own light needs by making beeswax candles. Come see the preparation that would make Candle Light Tours of the Patterson House possible.

HARVEST FESTIVAL ♿
Ardenwood G. Bell & Interpretive Staff
10am-5pm, Sat & Sun, Oct 14, & 15
It's harvest time on the farm! Bring your family and join your friends for some down home country fun. Lend a hand harvesting the Indian corn and popcorn and help fill our corncribs. Take home a share of our colorful corn for your holiday table. There are also walnuts to hull, cider to press and old-time music and crafts. Pick-up your Jack-O'-Lantern with a visit to Perry's pumpkin patch.
Fee: $8 18-61yrs/$6 62+yrs/$5 4-17yrs
3 and under free

HALLOWEEN TRAIN
Ardenwood Ardenwood Volunteers
7-9:30pm, Fri, Oct 20, 27, Sat, Oct 21, 28
7-9pm, Sun, Oct 22, 29
Come out to Ardenwood for an evening of Halloween fun! Ride the train through the fields and woods, join the Halloween goblins and have a hauntingly good time! This slightly frightful evening is designed for families with children 12 years of age and under. Tickets are available in advance at the Train Museum inside Ardenwood on Sundays. Or buy tickets on arrival. For more information and group reservations, call (866) 417-7277.
Fee: $5/$3 3-17 yrs

COLORFUL CORN ♿
Ardenwood Interpretive Staff
1-2pm, Sat, Oct 21
Blue, purple, yellow, and red... what comes in different colors and is used everyday? Learn about the varieties of corn and taste a few corny foods from the farm's harvest.

CORN HUSK DOLLS ♿
Ardenwood Christina Garcia
2-3pm, Sat, Oct 21
Corncobs, clothespins and rags - pioneer children made dolls from whatever materials were at hand. Gather some husks from the cornfield and create your own piece of folk art.

HEIRLOOMS TO HARVEST
Ardenwood Eric Nicholas
1-2pm, Sun, Oct 22
The seasons are changing and its time to clear the fields. Bring the family out to collect the precious bounty of seed for next year's planting, heirlooms for the future.

DENS, NESTS AND HIDEY-HOLES ♿
Ardenwood Amy Baldwin
2-3pm, Sat, Oct 28
Stroll around the farm and see what changes the fall season brings to the land. We'll look for signs of the wild animals that make their homes here.

CHICKEN SCRATCH ♿
Ardenwood Interpretive Staff
11am-noon, Sun, Oct 29
Crack some corn for the hens, visit the coop to hunt for eggs and feed the chickens. Learn the secret of the pecking order and meet an Easter Egg Chicken.

FLASHLIGHT HOUSE TOURS
Patterson House Docents
7-8:30pm, Fri-Sun, , Oct 27, 28, 29
See the Patterson House Museum in a whole new light. Join us for intimate evening tours of the farm's beautifully restored centerpiece. The house will be lit with candles and oil lamps and decorated for the fall harvest season. While things may get a little spooky, this is not a haunted house. These tours are not recommended for young children. 10+yrs
Reg. Required: (510) 791-4196
Fee: $6

STRANGE TALES AND EERIE STORIES ♿
Ardenwood Carl Hilts
Noon-12:30pm, Sun, Oct 29
Come listen to strange and odd tales connected to the farm. Truth? Fiction? Tall Tale? You be the judge on this short walk done in the holiday storytelling tradition.

PAINT, PASTEL OR PHOTO: TIMELESS ART OF PICTURE COMPOSITION ♿
Ardenwood Carl Hilts
3:30-4:30pm, Sun, Oct 29
Why take a snap shot when you can make art? Easy tips for making better pictures. Camera or canvas NOT required! With architecture, landscapes and animals, we have subjects galore!

BLACK DIAMOND

All Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville Road in Antioch. For info call (925) 757-2620 or email bdvisit@ebparks.org.

GREATHOUSE VISITOR CENTER ♿ SP
Black Diamond Interpretive Staff
10am-4:30pm, Sats & Suns, March-Nov.
View the workings of a 20th-century sand mine and learn about the lives of 19th-century coal miners in the Greathouse Visitor Center. Artifacts and photographs are displayed and a video featuring former Mt. Diablo Coalfield residents is shown.

HAZEL-ATLAS SILICA-SAND MINE TOUR ♿ SP
Black Diamond
Various times, weekends, Sep-Oct
Explore the underground through a guided tour and learn its history, geology, and the methods used to mine the sandstone. An hour-long advanced reservation tour is offered at 11a.m., 1 p.m., and 2 p.m. through November. A 10 a.m. tour is available to groups of 10 or more. First come/first served tours are offered at noon and 3 p.m. 7+yrs
Reg. Required: (510) 636-1684
Fee: $3

SEED HUNT SP
Black Diamond Sabrina Dussau
9-10:30am, Sat, Sep 2
We'll seek out floaters, stickers, rollers, and more. A fun-filled hike with games and edibles is sure to plant the importance of seeds in your mind.

BATS ♿ SP
Black Diamond Sabrina Dussau
1:30-3pm, Sat, Sep 2
Watch a video, play a game and make a craft to discover the nocturnal world of bats.

KNOBBERS ♿
Black Diamond Sabrina Dussau
3:30- 5:30pm, Thu, Sep 21 #13117, Oct 19 #13118
Knobbers were children who worked in 19th-century coal mines. Today, Knobbers is an opportunity for modern-day kids to play and learn in the great outdoors. Adventures vary each month taking us over hills, underground, and back in time. 8-12yrs
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

CELEBRATE BLACK DIAMOND'S 30TH ANNIVERSARY

MOVIE AT THE MINES ♿ SP
Black Diamond Interpretive Staff
7:30-10pm, Sat, Sep 16
View the Academy Award winning film, "How Green Was My Valley" outdoors on the big screen. This classic film tells of the Morgan family and their lives in a turn-of-the-last-century Welsh coal-mining town. A limited number of chairs and picnic tables will be available. Feel free to bring your own chairs, blankets, and picnic. Rain cancels.

BLACK DIAMOND 30TH ANNIVERSARY EVENT
Black Diamond Interpretive Staff
Noon-4:30pm, Sat & Sun, Oct 7 & 8
Learn about future development of underground workings with a free special expanded tour of Hazel-Atlas, a 1930s era silica sand mine. Self-guided tours are available for those 7 years and older. Dogs are not allowed on the tour.

TIMELESS TALES ON BLACK DIAMOND TRAIL
Black Diamond Mike Moran
9:30am-1pm, Thu, Oct 12 #13121
The Nortonville Valley, once the home of the largest town in the county, beckons us with rich history, stunning scenery, and is the perfect venue for a hearty four-mile hike.
Reg. Required: (510) 636-1684

30TH ANNIV. AT ROSE HILL
Black Diamond Bob Kanagaki
1-4pm, Sat, Oct 21
Visit the heart of Black Diamond–Rose Hill Cemetery. Van shuttles will whisk you up the hill to hear tales of the Mount Diablo Coalfield and the people whose blood, sweat and toil made it the largest in California. Rain cancels.

COAL CANYON SP
Black Diamond Sabrina Dussau
10am-2pm, Sat, Sep 23
The coal in this canyon once drew the Black Diamond Coal Mining Company and over 1,000 people into these hills. The towns have long since vanished but coal and memories remain. Hear tales of the pioneer mining past on this 6-mile hike.

ROSE HILL VAN TOUR SP
Black Diamond Bob Kanagaki
10am-noon, Sat, Oct 14 #13122
Have a cool morning ride through a quiet valley to Rose Hill Cemetery and hear tales of life in a once-bustling Industrial Age settlement. Rain cancels. 55+yrs
Reg. Required: (510) 636-1684

SOMERSVILLE VAN & MINE TOUR SP
Black Diamond Bob Kanagaki
1-3pm, Sat, Oct 14 #13123
Avoid the heat as we chauffeur you through the Somersville townsite to the Hazel-Atlas Mine. We'll review the history of this secluded valley and venture underground to visit the work of nineteenth and twentieth-century miners. 55+yrs
Reg. Required: (510) 636-1684
Fee: $3

TRICKS AND TREATS UNDERGROUND ♿ SP
Black Diamond Interpreti
1-4pm, Sat, Oct 28
Enjoy the underground's seasonal spl
Meet the park's most feared critters and
the tricks they use for survival. Treat yo
to contests, games, crafts, and much m

BOTANIC GARDEN

The Botanic Garden is open 8:30 a.m.
5 p.m., 7 days a week except New Y
Thanksgiving and Christmas.

THURSDAY MORNING PLANT SALE
Tilden, Botanic Garden
9-11am, Thursdays in Sep & Oct
If the Botanic Garden is open and it
pouring rain, the volunteers usually
plants at the potting shed (the Juniper Lod
Thursday mornings through the end of
year. For more info see www.nativepla
org; (510) 841-8732.

ENDEMISM IN THE NAPA LAKE REGION
Tilden, Botanic Garden Dick O'Dono
9am-noon, Sat, Sep 9
Endemism is a tricky topic especially wh
Napa and Lake counties meet. We'll dis
endemism, causes and consequences, re
evolutionary implications, and its changes
nature. We'll examine specimens of so
of the endemic plants from the Napa-La
area and look at slides of others. ww
nativeplants.org.
Reg. Required: (510) 841-8732
Fee: $25/$30

GARDEN TOURS
Tilden - Botanic Garden
2pm, Sat & Sun in Sep & Oct
Learn about California native plants on th
guided tours at the beautiful, naturali
10-acre Botanic Garden in Tilden Region
Park. www.nativeplants.org; (510) 841-87

BEGINNING HYPERTUFA TROUGH CONSTRUCTION
Tilden, Botanic Garden Joe Gr
9-11am, Sun, Sep 17
Learn the basics of hypertufa trough co
struction. Construct a small trough to ta
home. We will discuss soil mixes for troug
and take a tour of the established troug
around the garden. Bring dishwashing glo
for handling the hypertufa mix. All oth
supplies will be provided. For more info s
www.nativeplants.org.
Reg. Required: (510) 841-8732
Fee: $60/$65

PRUNING CALIFORNIA NATIVE TREES AND SHRUBS
Tilden, Botanic Garden Jocelyn Coh
10am-4pm, Sat, Sep 23
Learn general pruning techniques and p
ticulars for California natives. Certified arb
ist Jocelyn Cohen will show us how to ke
our trees and shrubs healthy and invigorate
Discover why and when we prune, tools, p
tool care, and gain confidence in your sk
www.nativeplants.org.
Reg. Required: (510) 841-8732
Fee: $40/$45

FIELD JOURNAL EXPLORATIONS: AUTUMN BOTANICALS
Tilden, Botanic Garden Andie Thom
10am-3pm, Sat, Oct 7, 8
Create your own beautiful field journal a
learn basic book binding skills, includin
design and page formatting. Then stu
sketching botanic subjects, color theory, a
the use of shadows in watercolor. Suppl
available–$30 additional fee if materials su
plied by instructor. www.nativeplants.org
Reg. Required: (510) 841-8732
Fee: $55/$60

MORE COAST RANGE PLANT COMMUNITIES
Various locations Glenn Keator
10:30am- 3:30pm, Sat, Oct 14 & 28
Discover several specialized plant communities of the north Bay. **Oct. 14**: The coast at Salt Point State Park. Experience coastal bluffs, bishop pine forests, and the southernmost pygmy cypress forest. Hike around 5 miles. **Oct. 28**: Mt. St. Helena, Ida Clayton, and Western Mines roads explore the peripheries of this rugged mountain. This car tour samples myriad plant communities. www.nativeplants.org.
Reg. Required: (510) 841-8732
Fee: $90 (non-res $105)

CALIFORNIA NATIVE PLANTS IN STYLE
Tilden, Botanic Garden Glenn Keator
10am-2pm, Sun, Oct 22, 29, Nov 5, 12, 19, 26
Creating native gardens can be fun, rewarding, and will yield beautiful results. With our broad range of native shrubs, trees, ferns, bulbs, and wildflowers, you can create just about any style garden you wish while staying in tune with your surroundings and local ecology. The course will focus on how to create styles using plants adapted to native ecosystems of the Bay Area. We'll also talk about an appropriate palette of plants from each plant community. Each session will consist of a talk illustrated with slides and walks in the Garden or field trips to other local gardens. The first sessions will be held at Regional Parks Botanic Garden in the visitor's center. Some of our sessions will be visiting private gardens but the bulk of the lectures in the morning will be at the Garden. Bring lunches. www.nativeplants.org.
Reg. Required: (510) 841-8732
Fee: $230/$250

COYOTE HILLS

The Coyote Hills Visitor Center, open Tue.-Sun. 9:30 a.m.-5 p.m., has books, bug boxes, and other items for sale. The Garin Barn Visitor Center is open Sat-Sun 10 a.m.-4:30 p.m. For information call (510) 795-9385 or email chvisit@ebparks.org.

PHLOWER PHOTOGRAPHY II SP
Coyote Hills Kristina Parkison
9-11am, Sat, Sep 2 #12931
By popular demand, renowned photographer Don Jedlovec rejoins the naturalist in leading a hands-on photography workshop! While exploring the wonders of the natural world, we'll cover depth of field, lighting, and background management. Bring your own camera. 12+yrs
Reg. Required: (510) 636-1684

NATURE TALES SP
Coyote Hills Kristina Parkison
11:30am-12:30pm, Sat, Sep 2
Bring your little ones to the park for a relaxing time reading and exploring. We'll hike to sites of beauty and take time to read a favorite nature book.

VILLAGE SITE TOUR SP
Coyote Hills Kristina Parkison
1-3pm, Sat, Sep 2
Once common throughout the Bay Area, Native American village sites are now rare. Visit this unique resource to learn about Ohlone history, culture, lifestyles, and games, and view reconstructed houses.

SOAPROOT BRUSH MAKING WORKSHOP SP
Coyote Hills Ortiz, aribay
10am-noon, Sun, Sep 3 #12935
In addition to beauty, plants gifted Ohlone peoples with every-day objects. The now often overlooked soaproot bulb provided food, brushes, effective fishing devices, detergent foam, and more recently, jewelry. We'll gather soaproot, a common native plant, then show you how to make your own brush. 14+yrs
Reg. Required: (510) 636-1684
Fee: $12 (non-res. $14)

VILLAGE SITE OPEN HOUSE SP
Coyote Hills Beverly Ortiz
1:30- 4:30pm, Sun, Sep 3
Walk to a more than 2,000-year-old Tuibun Ohlone village site where members of the Trina Marine Ruano family (Ohlone from the Newark area) will share family stories.

BUTTERFLY GARDENS AND GAMES SP
Coyote Hills Beverly Ortiz
10am-noon, Mon, Sep 4
Join us for an introduction to gardening techniques that encourage birds and butterflies in your home garden and have an opportunity to participate in butterfly-inspired games and activities.

MARSH DETECTIVES SP
Coyote Hills Dino LaBiste
4-5:30pm, Thu, Sep 14 #12940, 21 #12941, Oct 5 #12943, Oct 12 #12948
Join us for after-school fun and marsh exploration. Discover the wetland through crafts, hikes and activities. **Sept 14**: Who lives there and what keeps the water clean? **Sept 21**: What grows there? Patrol the marsh for strange plants and alien invaders. **Oct 5**: Keep an eye out for marshland critters, tracks, tunnels, even scat. **Oct 12**: Vegetarian or carnivore? There's always something to eat. Sometimes it's you.
Reg. Required: (510) 636-1684
Fee: $5 (non-res. $7)

FRESH TRACKS: RED ROCK RAMBLE SP
Coyote Hills Kristina Parkison
10am-2pm, Sat, Sep 16 #12302
On our moderate 2 mile exploration of the hills and marshes, we'll learn about the 'red' in the hills and discover secrets about the park's plants and animals. After the hike, enjoy lunch, provided by Wente Restaurant and relax to smooth live jazz by KKSF 103.7 FM. 8+yrs
Reg. Required: (510) 636-1684
Fee: $28 18-61yrs/$24 62+yrs/$20 8-17yrs (non-res. $32/$28/$24)

WETLAND WONDERS SP
Coyote Hills Kristina Parkison
1:30- 2:30pm, Sat, Sep 16
Wetlands are a wonderful habitat–full of life. In addition to great wildlife viewing, wetlands provide many benefits for humans. Come discover the hidden jewels of this ecosystem!

COYOTE CUBS SP
Coyote Hills Kristina Parkison
10-11:30am, Tue, Sep 19 #12953, Oct 10 #12955, 2-3:30pm, Tue, Sep 19 #12954, Oct 10 #12956
Offered in the morning and afternoon, preschoolers and their parents will explore the natural world in a personal, hands-on way. We'll focus on a different natural history subject each month through stories, games and crafts. Bring your little ones out for fun in the park as we discover the mysteries of the world around us! **Sept. 19**: Animal Adaptations. **Oct. 10**: Bats. 3-5yrs
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

SALT OF THE BAY SP
Coyote Hills Dino LaBiste
9:30am-noon, Sat, Sep 23 #12958
Join an easy two-mile hike to explore the salt ponds west of the hills. We'll view native and migratory wildlife, learn about some salty history and use salt for old-fashioned ice cream making and tasting!
Reg. Required: (510) 636-1684
Fee: $3

GATHERING OF OHLONE PEOPLES SP
Coyote Hills Beverly Ortiz & Friends
10am- 4:30pm, Sun, Oct 1
Ohlone descendants will share family and tribal history, music, song, dance and stories. They'll discuss contemporary cultural involvements and demonstrate basket, jewelry, soaproot brush, and dogbane string making. Walk to a more than 2,000-year-old village site, play an Ohlone game, try making fire without matches or make a miniature tule boat. Taste native plant teas, manzanita cider, and in the afternoon, acorn soup cooked with heated stones in a basket.

ARIZONA HUMMINGBIRD SP
Coyote Hills Kristina Parkison
10-11am, Sat, Oct 7
Join us for a presentation of stunning, stop-action hummingbird photography from hummer hotspot Portal, Arizona. Popular photographer Don Jedlovec will host and have a gallery of photos on display. 12+yrs

GOIN' BATTY SP
Coyote Hills Kristina Parkison
1-2:30pm, Sat, Oct 7 #12969
A rabid, blood-sucking fiend? Or a shy animal that helps repopulate the rainforest? Just who is the bat? Come to this class and find out the surprising ways bats make our life better using snacks, games, stories and crafts to illustrate the truth about bats. 5+yrs
Reg. Required: (510) 636-1684
Fee: $3

CAMPFIRE BY THE BAY SP
Coyote Hills Dino LaBiste
5-7:30pm, Sat, Oct 14
Join us for a unique evening marveling at the sunset and listening to a story about how the animals got fire. Then we'll call back the sun by rubbing two sticks together to create fire and pop some delicious Ardenwood popcorn.

PLANT MATERIALS GATHERING
Coyote Hills Beverly Ortiz
10am-4:30pm, Sat, Oct 28 #12971
You'll have an opportunity to learn how California Indians managed the natural landscape with burning, digging and pruning techniques. You'll also help gather acorns for use in next year's Ohlone cultural programs for school groups and the general public.
Reg. Required: (510) 636-1684

CRAB COVE

Crab Cove Visitor Center is open Wednesdays-Sundays from 10 a.m.-5 p.m. School programs are available. For information about naturalist programs or other activities, call (510) 521-6887 or email ccove@ebparks.org.

LEISURELY LABOR DAY SP
Crab Cove Interpretive Staff
10am-4pm, Sat, Sep 2, Mon, Sep 4
Enjoy a fun-filled day of natural leisure at the Cove! Ongoing nature crafts and games, plus: **11 a.m.-noon**: Solar Oven Quesadillas. **2-3 p.m.**: Catch of the Day. **3-4 p.m.**: Nature Movie Clips.

"SUN" DAY FUN
Crab Cove Interpretive Staff
12:30-2pm, Sun, Sep 3 #12810
Today we will discover 'fun-tastic' facts and information about our closest star- the sun! We'll make sun prints and bake some cookies in our solar oven.
Reg. Required: (510) 636-1684
Fee: $2

CATCH OF THE DAY SP
Crab Cove Interpretive Staff
2-3pm, Sun, Sep 3, 10, 24, Oct 1, 8, 15, 22, 29
What critters make their homes in the rocky shores of the Bay? Watch a snake slither and a turtle hide in its shell. Come explore the world of nature! Topics change.

SEA SIBLINGS
Crab Cove Broesder, Charnofsky
9:30-10:30am & 11am-noon, Tue, Sep 5 #12811, Sep 19 #12813, Oct 3 #12815, Oct 17 #12817
Sea Siblings is created for the 3-5 year old learning ability with the option of inviting a 1-5 year old sibling or friend. This class includes outdoor exploration and a nature craft. All children pay the course fee. **Sept. 5**: Seaweed Surprise. **Sept. 19**: Eight Legs Around Us. **Oct. 3**; Above Ground, Below Ground: Who is Where? **Oct. 17**: Nature's Sounds and Music. Make an instrument.
Reg. Required: (510) 636-1684
Fee: $4

SEA SQUIRTS
Crab Cove Broesder, Charnofsky
10-11:30am, Tue, Sep 12 #12819, Sep 26 #12820, Oct 10 #12821, Oct 24 #12822
Discover the wonders of nature with your little one through a program exclusively for 3-5 year olds accompanied by an adult. Outdoor exploration, a theme related craft and snack will be provided. **Sept. 12**: Seaweed Surprise. **Sept. 26**: Eight Legs Around Us. **Oct. 10**: Above Ground, Below Ground: Who is Where?. **Oct. 24**: Nature's Sounds and Music. Make an instrument.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

ESTUARY EXPLORERS
Crab Cove Broesder, Charnofsky
3:30-5pm, Thu, Sep 14 #12824, Sep 28 #12825, Oct 12 #12826, Oct 26 #12827
Designed especially for 6-8 year olds, this program includes outdoor exploration, theme related craft, and a snack. Parents/guardians are encouraged to drop off their child for an independent nature experience with Naturalist guidance. **Sept. 14**: Seaweed Surprise. **Sept. 28**: Eight Legs Around Us. **Oct. 12**: Above Ground, Below Ground, Who is Where? **Oct. 26**: Nature's Sounds and Music–Make an Instrument.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

BIRDWALK BY THE BAY SP
Elsie Roemer Bird Sanctuary Susan Ramos
7:30- 9:30am, Thu, Sep 28
Beginner's bird walk by the bay looks at returning migrating shorebirds. Learn to identify those gray and brown 'peeps' on the shore. Hear about their amazing journeys. Binoculars available for loan. Adults

WHAT'S LIVING IN THE POND? SP
Crab Cove Michael Charnofsky
3-4pm, Sat, Sep 30
With dip nets, critter ID cards, and a keen eye, let's see who hangin' in and around pond waters, today. 4+yrs

GOING BATTY SP
Crab Cove Susan Ramos
2-3:30pm, Sat, Oct 7
Learn about bats–our fabulous, furry, flying mammals– today through a song, slides, and a craft to take home.

PEANUT BUTTER AND JAM FESTIVAL ♿ SP
Webster St., Alameda
Interpretive Staff
10am-6pm, Sat & Sun , Sep 16 & 17
Live music, food, freebies, and fun all celebrate the fact that processing peanut butter was first invented in Alameda! Look for our booth among many, sharing the cultural and natural history of Alameda.

FILIPINO-AMERICAN HISTORY COVE WALK ♿ SP
Crab Cove Christina Leano
9-11am, Sat, Oct 14
Celebrate Filipino-American History Month! Join us for a 4-mile stroll along the shore as we walk back in Filipino-American history. We'll look for birds and bay critters along the way.

FILIPINO LUMPIA-MAKING WORKSHOP
Crab Cove Christina Leano
1-3pm, Sat, Oct 14 #12832
Learn about the islands of the Philippines on the island of Alameda! Filipinos have been shaping California history since 1587. Experience Filipino culture and ecology while making these tasty egg-rolls. 6+yrs
Reg. Required: (510) 636-1684
Fee: $4

"OWL" ARE YOU? ♿ SP
Crab Cove Susan Ramos
2-3:30pm, Sat, Oct 21
Whoo are these magnificent hunters of the night? What do they eat? Find out about our local owls and dissect an owl pellet to learn more about who eats whooo!! 5+yrs
Fee: $2

SUNOL

Sunol Visitor Center is open Sat.-Sun., 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email svisit@ebparks.org.

OUTDOOR DISCOVERIES SP
Sunol Katie Colbert, Cat Taylor, Anthony Fisher
10-11:30am, Thu, Sep 7 #12865, Sep 14 #12866, Sep 21 #12867, Sep 28 #12868, Oct 5 #12869, Oct 12 #12870, Oct 26 #12871
Children 3-5 years old and an adult friend are invited on this series of autumn and winter outdoor nature adventures. **Sept. 7**: Where There's Smoke…–We'll build and put out a fire after using it to cook our lunch. **Sept. 14**: Autumn Creek Critters–Wet, wriggly, web-footed wonders. **Sept. 21**: Where Am I?– Ponder the world of maps, and practice what to do if you get lost. **Sept. 28**: Calling All Nature Nuts–Explore the hidden world of seeds and plant some in our tree nursery as we learn that in the seeds of today are the forests of tomorrow. **Oct. 5**: Earthquake Weather–Discover how to dance when the earth rocks and rolls. **Oct. 12**: It's a Webby World–Spiders are eight-legged wonders. Experience the world from an eight-eyed point of view. Meet a local spider celebrity. **Oct. 26**: Just Howlin' For Halloween!– Just where did Halloween come from, why do we say "Trick or Treat" and why do we wear costumes? We'll learn about this ancient holiday and celebrate it in our own special way. 3-5yrs
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

ECO-EXPLORERS: HORSE RIDE SP
Sunol Cat Taylor
9-10:30am, Sat, Sep 9 #12878
Adventurous families will ride through the valley along Alameda Creek to the famed Little Yosemite. We'll talk about the plants and animals that make their home here, the area's unique history and extraordinary geology. Child must be at least 54 inches tall to participate. Grades 3-7
Reg. Required: (510) 636-1684
Fee: $25 (non-res. $29)

VALLEY NATURE RIDE SP
Sunol Interpretive Staff
10-10:45am, Sun, Sep 10 #12857, Sep 24 #12858, Oct 8 #12859, Oct 29 #12860
Enjoy an introduction to the cultural and natural history of Sunol Regional Wilderness, then mount up for a 20-min. horseback ride. Parent participation required. 6+yrs
Reg. Required: (510) 636-1684
Fee: $17 (non-res. $19)

W-TREE HORSE RIDE SP
Sunol Cat Taylor
2-4pm, Sat, Sep 16 #12861
Take a scenic ride through the valley, along Alameda Creek past the famed Little Yosemite to the W-tree. We'll talk about the plants and animals that make their home here, the area's unique history and extraordinary geology. 12+yrs
Reg. Required: (510) 636-1684
Fee: $40 (non-res. $44)

SCIENCE FOR TYKES SP
Sunol Cat Taylor
1-2:30pm, Sat, Sep 23 #12879, Oct 7 #12880
Budding scientists ages 4-8 years and their families are invited on a series of science programs set in a wildly exciting outdoor laboratory! **Sept. 23**: Tree-Shirts–meet the leafy celebrities and make a wearable leaf key as we print up some tree-shirts and celebrate the first day of autumn. **Oct. 7**: Arachnomania–we'll meet a local 8-legged celebrity as we discover the wondrous webby world of spiders!
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

BIRDS OF ALAMEDA CREEK SP
Sunol Anthony Fisher
10am- 2:30pm, Wed, Sep 27 #12884
Take a van tour along Alameda Creek from the Sunol Wilderness to the San Francisco Bay! We will make four stops along the way for short birdwalks in different habitats, ending the day in the Coyote Hills Butterfly Garden. 55+yrs
Reg. Required: (510) 636-1684
Fee: $20 (non-res. $22)

WILDERNESS TREKKERS SP
Sunol Katie Colbert
4:30-6pm, Wed, Sep 27 #12881
Kids are invited to see what's falling in the wilderness during an afternoon adventure. Fall in the Creek–No don't! Use a net! We'll look for water striders and creeping water bugs as we see how autumn fares in Alameda Creek. Grades K-6.
Reg. Required: (510) 636-1684.
Fee: $6 (non-res. $8)

SUNOL'S ANNUAL HALLOWEEN HAUNTING: BACK TO THE ICE AGES SP
Sunol Cat Taylor
5:15-6:45pm, Sat, Oct 21 #12846
5:30-7pm, Sat, Oct 21 #12847
5:45-7:15pm, Sat, Oct 21 #12848
6-7:30pm, Sat, Oct 21 #12849
6:15-7:45pm, Sat, Oct 21 #12850
6:30-8pm, Sat, Oct 21 #12851
7-8:30pm, Sat, Oct 21 #12852
7:15-8:45pm, Sat, Oct 21 #12853
7:30-9pm, Sat, Oct 21 #12854
7:45-9:15pm, Sat, Oct 21 #12855
8-9:30pm, Sat, Oct 21 #12856
Ugh! Knuckle-dragging cave dwellers of all ice ages will explore the coolest period of Earth's prehistory! Go totally Pleistocene as global cooling runs rampant and we explore the splendors of a Halloween Ice Age! Go batty in the vampire's cave, sink your saber-fangs into some I Scream and get ghoulie as we explore the traditions of Howl-o-ween! Guided hikes last approximately 1 1/2 hours and become more dark and spooky as the evening progresses. 5:15-6:30 start times best for younger children. Pre-registration limited to families and individuals only–no large organized groups. Children must be accompanied by an adult. Only ticketed guests permitted–no drop-ins allowed (tickets are non-refundable). Limit of 8 tickets per household.
Reg. Required: (510) 636-1684
Fee: $7 (non-res. $9)

EARLY BIRDS IN THE WILDERNESS SP
Sunol Anthony Fisher
7-9:30am, Wed, Oct 25
Search for avian life in grassland, woodland and riparian habitats. Is there a taste of fall in the air? Some hill climbing involved.

TILDEN NATURE AREA

The Environmental Education Center is open Tue.-Sun. 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 525-2233 or email tnarea@ebparks.org.

ARTIST EXHIBITION ♿
Tilden Nature Area
10am-5pm, Sep 1-Oct 22, closed Mondays
"Parklands:" Judith Corning presents a collection of oil paintings, drawings and etchings which capture the spirit of landscapes and parklands. The artist presents work of both local landscapes from Tilden, and remote landscapes from wilderness areas, game refuges and national parks.

KIDS GARDEN CLUB
Tilden Nature Area Interpretive Staff
2-4pm, Sat, Sep 2 #12746, Sep 16 #12747, Oct 7 #12748, Oct 21 #12749
An exciting club for children ages 7-12, exploring the world of gardening. We plant, harvest, build, make crafts, cook and get dirty! Themes and activities vary.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

FAMILY NATURE CRAFTS
Tilden Nature Area Bethany Facendini
10-11am, Sun, Sep 3
Come explore your artsy side while learning about some of the creatures that inhabit our park. This program is for kids of all ages.
Fee: $3

LEISURELY LABOR DAY OPEN HOUSE ♿
Tilden Nature Area Interpretive Staff
10am- 3:30pm, Mon, Sep 4
Get ready for a fun-filled day of crafts, games, walks, and treats plus these scheduled programs: Nature Walk 10-11:30am & 2-3:30pm; Garden Goodness 10:30-11:30am; Farm Fun 11-noon; Reptile Rap 11:30am-12:30pm.

MINI-FARMERS
Tilden Nature Area Interpretive Staff
10-11:30am, Sat, Sep 9 #12751, Oct 14 #12752
A farm exploration program for kids ages 4-6 years. We'll explore the Little Farm, care for animals, do crafts and try some farm chores.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

PLUNGE INTO PONDS
Tilden Nature Area Meg Platt
2-3:30pm, Sat, Sep 9
Tadpoles, dragonflies, frogs, damselflies, and fresh water snails are all at your fingertips during this family-oriented pond exploration.

WILDCAT PEAK HIKE
Tilden Nature Area Meg Platt
10am-12:30pm, Sun, Sep 10
Enjoy a three-mile hike through diverse habitats exploring the region's flora and fauna. Impressive views await us at the top. Bring water, sunscreen, layered clothing, and a snack.

GEOLOGY ROCKS!
Tilden Nature Area Allen, Hicks
10-11:30am, Sat, Sep 16
What do the earth and an egg have in common? Join us for a short nature hike as we delve into the layers of our planet. 9-12yrs
Fee: $5 (non-res. $7)

SUNDAY MORNING MEDITATION WALK
Tilden Nature Area Tara Reinertson
9-10:30am, Sun, Sep 17, Oct 15
Become connected to the abundance of life within you and all around you, through guided exercises. Engage in walking meditation, quiet sitting, and poetry writing, and discover the wilderness within.

SPINNING A YARN ♿
Tilden Nature Area Tara Reinertson
1:30-3pm, Sun, Sep 17, Oct 1
Watch the spinning-wheel turn, and hear a tale about a funny little man in a silly red hat! Try your hand carding wool, and take a turn with the spindle.

FAMILY NATURE HIKE
Tilden Nature Area Meg Platt
10-11:30am, Sat, Sep 23
Meet the curious critters of Jewel Lake on this easy walk for all ages.

POISON OAK
Tilden Nature Area Nicole Hicks
11am-noon, Sat, Sep 23
Learn to identify, prevent, and heal poison oak dermatitus!

FARM FRIENDS ♿
Tilden Nature Area Meg Platt
2-3pm, Sat, Sep 23
Meet the latest additions to the farm and say hello to our established residents on an interactive tour. Fun-filled activities and a craft included.

FARM STORIES AND SONGS ♿
Tilden Nature Area Tara Reinertson
11am-noon, Sun, Sep 24
All earth's creatures have a place in the choir! Come clap your hands, your paws or anything you got! Hear some fun songs and stories, then meet the animals.

MEET THE ARTIST RECEPTION ♿
Tilden Nature Area Interpretive Staff
2-4pm, Sun, Sep 24
Meet artist Judith Corning, whose exhibit "Parklands" is on display in the Environmental Education Center. She will discuss her work and bring print-plates and other materials to explain how some of the prints were produced. Light refreshments served.

TILDEN EXPLORERS
Tilden Nature Area Linda Yemoto
3:15- 4:45pm, Wed, Sep 27 #12768, Oct 25 #12769
Join an after-school nature adventure for 5-7 year olds, who may be accompanied by an adult. No younger siblings please. **Sept 27**: learn about arachnids. **Oct. 25**: annual nature treasure hunt.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

TILDEN TOTS
Tilden Nature Area Linda Yemoto
10-11:30am, Wed, Sep 27 #12764, Oct 18 #12765, Thu, Oct 19 #12766
Join an outdoor, nature adventure program for 3 & 4 year olds, each accompanied by an adult (grandparents welcome!). **Sept. 27**: our

8-legged friends, the spiders. **Oct. 18 & 19**: annual nature treasure hunt.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

DON'T BE RATTLED ♿
Tilden Nature Area — Interpretive Staff
10:30am-noon, Sat, Sep 30
The rattlesnake's rattle may be worse than its bite! Join us as we dispel some of the many myths surrounding one of the Bay Area's must misunderstood inhabitants.

OWLS AND OAKS ♿
Tilden Nature Area — Tara Reinertson
11am-noon, Sun, Oct 1
Did you know that in many folk legends owls were associated with witches and death? Hike under the twisting branches of oaks and hear true stories of our feathered friends.

AUTUMN ARACHNIDS
Tilden Nature Area — Linda Yemoto
2-3:30pm, Sat, Oct 7
We start with a fun slide show on the mysteries of the spider. Then we'll explore the area looking for orb weavers, jumping spiders, wolf spiders and more.

TURTLE TIME
Tilden Nature Area — Meg Platt
11am-noon, Sun, Oct 8
You can't make a turtle come out, especially if you scream and shout! Meet Tilden's Turtles, then walk to Jewel Lake and see the wild turtles that live there.

AUTUMN NATURE HIKE
Tilden Nature Area — Meg Platt
2-3:30pm, Sun, Oct 8
Meander with a naturalist through shady woodlands and sunny grasslands and look for signs of fall. We'll search for lizards, spiders and birds of prey along the way.

TODDLER NATURE WALK
Tilden Nature Area — Linda Yemoto
2-3pm, Sat, Oct 14
Calling all non-napping toddlers, come along on a little nature adventure for 2-3 year olds and their grown-up friends. We'll look for spiders, insects and other fascinating creatures.

FELT MASK MAKING ♿
Tilden Nature Area — Tara Reinertson
1-3pm, Sun, Oct 15 #12776
It's almost Halloween and there's still time to create a mask with your own hands. Be a bear, a tiger, or a wolf! Anything is possible with wool! Felting is soapy, slippery and fun. For children 6-12 years, who must be accompanied by an adult.
Reg. Required: (510) 636-1684
Fee: $7 (non-res $9)

RECYCLED ARTS HALLOWEEN MASK-MAKING ♿
Tilden Nature Area — Hicks, Rosenzweig
1-3pm, Sat, Oct 21
Learn the stories behind this ancient holiday, and turn that old junk into a new mask just in time for Halloween!

HOLIDAY GOURD CRAFTING ♿
Tilden Nature Area — Tara Reinertson
1-4pm, Sun, Oct 22 #12778
Discover the amazing natural history of gourds and create a festive fall centerpiece for your holiday table. You will learn the basics of gourd crafting, including cleaning, wood-burning, staining and more! Fee includes all supplies. 11+yrs
Reg. Required: (510) 636-1684
Fee: $25 adult/$23 senior/$20 children (non-res. $29/$27/$24)

THE HAUNTED CAVES OF THE EEC ♿
Tilden Nature Area
Linda Yemoto, Interpretive Staff
1-3:30pm, Sat, Oct 28
Come venture through the dark and spooky Halloween caves...if you dare! Crafts and refreshments will greet you at the end of the darkness. 3+yrs
Fee: $3

VARIOUS PARKS

DEL VALLE CAMPFIRE PROGRAMS SP
Del Valle Amphitheatre — Sunol Staff
8-9pm, Fri, Sep 1, Sat, Sep 2
8-8:45pm, Sat, Sep 9, 16, 23, 30
Sept. 1: Who Goes There? with Naturalist Cat Taylor–Nighttime doesn't necessarily mean bedtime for the park residents - and we don't mean just the campers! What could be lurking just beyond your tent zipper out in the nocturnal wild? **Sept. 2**: Arachnophilia (Spider Love) with Naturalist Anthony Fisher–Sing a spider song, play a spider game and meet a live tarantula! **Sept. 9, 16, 23, 30**: Educational and recreational programs at the campground amphitheater. Staff will visit campsites before each evening's campfire program to answer questions about the park. Info: (925) 862-2601.

KAYAK VOYAGES SP
Del Valle — Cat Taylor
9-11:30am, Sat, Sep 2 #12892, Sep 16 #12894
We'll explore the lake and its inhabitants from a lake-level view. Discover its unique history during this beginner's paddle. Fee covers kayak, personal flotation device and basic instruction in kayak techniques and safety. 10+yrs
Reg. Required: (510) 636-1684
Fee: $45 (non-res. $51)

CALIFORNIA DREAMIN'
Lake Anza — Bethany Facendini
10am-noon, Sat, Sep 2
Honor the 31st state's admission into the union this month through an interactive mile-long walk, and a craft for the entire family! Info: (510) 525-2233.

SHORELINE SAUNTER
Point Pinole — Bethany Facendini
2-4pm, Sat, Sep 2
Bring your family and friends to explore unique plant communities, and the fauna they support, along a remarkable shoreline. Bring water, sunscreen, and a snack on this 3-mile hike. Info: (510) 525-2233.

RIDGETOP EVENING BREEZES
Las Trampas — Cat Taylor
5:30-9pm, Sat, Sep 2
We'll ascend Rocky Ridge at twilight for a glance of the setting sun as we crest the hilltop. We'll descend at dusk into twinkling starlit darkness on this 5-mile jaunt. 7+yrs
Info: (925) 862-2601.

TELA DE LA VIDA (THE FABRIC OF LIFE) ♿
Point Pinole — Bethany/Betania Facendini
2-4pm, Sun, Sep 3
Celebremos con orgullo la diversidad cultural y natural de nuestra región con un programa especialmente para 'El Mes de la Herencia Latina.' Toda la familia es invitada a una caminata bilingüe con una naturalista. Accesible para los incapacitados. Para más información: (510) 525-2233. We celebrate with pride the cultural and natural diversity of our region with a program especially for 'Latino Heritage Month.' The whole family is invited to a bilingual walk with a naturalist. Info: (510) 525-2233.

ALL ABOUT SNAKES ♿ SP
Garin — Beverly Ortiz
1:30-4pm, Mon, Sep 4
Meet Sam the gopher snake, learn about the reptile family of animals, and discover a few things that make Sam special. Then stay and make your own snake mobile.

TUESDAYS FOR THE BIRDS
Various parks — Bethany Facendini
7- 9:30am, Tue, Sep 5, 26, Oct 3, 10, 17, 24, 31
Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands! All levels of birding experience welcome. Bring water, sunscreen, binoculars or scopes, and a snack. **Sept. 5**: Tilden, Inspiration Point. **Sept. 26**: Point Pinole. **Oct. 3**: Arrowhead Marsh, MLK Jr. Shoreline. **Oct. 10**: Briones, Bear Creek Staging Area. **Oct. 17**: Point Isabel, Rydin Road entrance. **Oct. 24**: Alvarado Staging Area, Wildcat Canyon. **Oct. 31**: Miller-Knox, Keller Beach. For information, directions, or to borrow binoculars, call (510) 525-2233.

NATURE MEDITATION WALKS ♿ SP
Various parks — Christina Leano
9:30-11am, Tue, Sep 5 #12834, Sep 26 #12835, Oct 17 #12836
Discover the beauty of our parks through these meditative walks. We'll use the lives and words of Chief Seattle, Henry David Thoreau, and Rachel Carson to guide us in these nature explorations. We'll also examine the local natural history on these two- to three-mile walks on flat terrain. **Sept. 5**: Lake Chabot. **Sept. 26**: Lake Temescal. **Oct. 17**: MLK Jr. Shoreline. Adults
Reg. Required: (510) 636-1684

BIRDS AND DRAGONFLIES SP
Shadow Cliffs — Anthony Fisher
9-11:30am, Wed, Sep 6
Where Arroyo Del Valle becomes all slow and greenish, woodpeckers peck and green herons glean fish, stealthy hawks prowl and dragonflies chase. If this sounds intriguing, come show your face. Info: (925) 862-2601.

LAKE VIEW SUPPER HIKE
Del Valle, Arroyo Staging Area — Cat Taylor
6:30- 8:30pm, Wed, Sep 6
Enjoy the sunset, lake and lights of the valley from a lofty perch. Bring flashlight, dinner and beverage. Meet at staging area near the southern end of Arroyo Road in Livermore. Info: (925) 862-2601. 7+yrs

BUTTERFLY GARDENING ♿ SP
Contra Loma — Sabrina Dussau
8-10am, Sat, Sep 9 #13115
Urbanization has greatly reduced wildlife habitat making it hard for nature's critters to abound. Learn tips for helping butterflies in your neighborhood while enjoying or working in Contra Loma's butterfly garden.
Reg. Required: (510) 636-1684

HUNTING FOR HABITAT SP
Briones — Sabrina Dussau
3-4pm, Sat, Sep 9 #13126
Animals live in just about every nook and cranny in the natural world. Determine how different animals are adapted to different habitats on a hike through the hills and valleys of Briones.
Reg. Required: (510) 636-1684

LABYRINTH WALK AT THE VOLCANO
Sibley — Christina Leano
2-4pm, Sun, Sep 10
Learn about the history of labyrinths and the volcanic nature of the park, as we walk the beautiful maze-like structures. Prepare for a 2-mile hike with gradual ups and downs. Info: (510) 521-6887. 7+yrs

THURSDAY BIRDING ♿
Various parks — Mike Moran
9-11:30am, Thu, Sep 14 #13127, 28 #13128
Sept. 14: Delta Wetlands, Ironhouse Sanitary District–Autumn is the best time of the year to "quack" up over ducks, "dig" the feeding shorebirds and "prey" for migrating raptors. **Sept. 28**: Raptors in the Great Dale, Round Valley–Raptor migration is in flight! Scan skyward for golden eagles and others.
Reg. Required: (510) 636-1684

GARIN APPLE FESTIVAL ♿ SP
Garin — Kristina Parkison
Noon-4pm, Sat, Sep 9
Celebrate our farming and pioneer past at the Apple Festival! Garin is home to an antique apple orchard with varieties you won't find anywhere else. Try your hand at hand-cranking ice cream or pressing apple cider and then taste the 'fruits' of your labor. You'll also have a chance to select your favorite apple at the tasting tables. Toe-tappin' music, face-painting, stories, crafts and old-fashioned games make this event fun for the whole family! Info: (510) 795-9385.

THE NATURAL HISTORY OF GARBAGE?
9am-noon, Sat, Sep 16
Join us at Point Pinole for California Coastal Cleanup Day! Discover awe-inspiring natural beaches and panoramic bay views, while joining a statewide effort to protect our waterways from garbage. Info: (510) 525-2233.

VASCO IN-DEPTH
Round Valley, Vasco Caves — Beverly Ortiz
8:30am- 1:30pm, Sun, Sep 17 #13131, Dec 10 #13132
Delve into the rich Native culture, past and present. **Sept. 17**: Local Cultures–Ohlone, Bay Miwok and Northern Valley Yokuts peoples, past to present, including the significance of Vasco. **Dec. 10**: Local Indians and the Land–we'll discuss what enabled the first peoples of this area to balance human needs with that of the land and all its inhabitants.
Reg. Required: (510) 636-1684
Fee: $28 (non-res. $32)

VASCO REGIONAL PRESERVE TOUR
Vasco, Round Valley — Interpretive Staff
Round Valley: 8:30am-1:30pm, Sep 16, 20, 30, Oct 4, 7, 8, 21, 22, 28, 29, Nov. 1, 6, 12, 19, 25, 26, Dec 3, 6
Brushy Peak: 8:30am-1:30pm, Sep 23, Oct 15, Nov 17, 18, Dec 9
Behold Vasco's spectacular rock outcrops, vernal pools- seasonal home of endangered amphibians and fairy shrimp. This is habitat for eagles and various nesting and migrating raptors hunting bountiful prey in robust restored grasslands. Archaeological sites contain Indian rock art, part of a complex reaching back nearly 10,000 years. This Preserve is accessible through guided tours only, staging from Round Valley Regional Preserve and Brushy Peak Regional Preserve aboard District-provided buses.
Reg. Required: (510) 636-1684
Fee: $28 (non-res. $32)

AUTUMN RAMBLE
Morgan Territory — Cat Taylor
7:30-10:30am, Sat, Sep 23
Celebrate the first day of fall hiking through golden grassland, fragrant chaparral and oak savannah. Bring breakfast and beverage–we'll feast our eyes on nearby Mt. Diablo while munching brunch. Info: (925) 862-2601. 7+yrs

FARALLON ADVENTURE
Farallon Islands — Moran, Broesder
8am-5pm, Sat, Sep 23 #12797
View the amazing wildlife off the Farallon Islands, aboard the "Adventure Cat II", a state of the art, 65' catamaran! Our journey

to the islands crosses the feeding grounds of Blue and Humpback whales. Search for more than 16 other species of whales and 12 species of birds that nest on the islands before our sunset return home. Parent participation required. 8+yrs
Reg. Required: (510) 636-1684
Fee: $80 (non-res. $88)

SWEATING IN THE REDWOODS
Redwood Christina Leano
1-4pm, Sun, Sep 24
Take a challenge! Meet at Redwood's Skyline Gate and join us on this vigorous 6-mile up-and-down hike through the redwoods. We'll learn about these tree giants and the creatures that inhabit them. Info: (510) 521-6887. 10+yrs

FALL IN THE EAST BAY HILLS
Redwood Michael Charnofsky
9-11:30am, Sat, Sep 30
Experience the Bay Area's "second spring." How do local plants and animals adapt to our unique climate? Uncover answers and enjoy a walk through sunny and shady microenvironments. Meet at Skyline Gate. Info: (510) 521-6887. 10+yrs

SUNSET SAIL
San Francisco Bay Susan Ramos
5:30- 8:30pm, Sat, Sep 30 #12798
Enjoy a fabulous sunset sail on San Francisco Bay! A naturalist will be aboard to highlight many amazing sights. We'll sail past Alcatraz, Angel Island and the Golden Gate Bridge. View the bay aboard a catamaran, returning under a waxing moon! Box dinner included. 10+yrs
Reg. Required: (510) 636-1684
Fee: $55 (non-res. $61)

MOONRISE, SUNSET HIKE
Tilden Bethany Facendini
5:30- 8:30pm, Fri, Oct 6
Absorb the beauty of a full moon rising and a spectacular sunset on this 3.5-mile nature hike over varied terrain. Bring flashlight, layered clothing, water, and a sack dinner. Meet at the Big Springs Staging Area. Info: (510) 525-2233.

LEONA CANYON HIKE
Leona Canyon Susan Ramos
10am-noon, Sat, Oct 7
Discover this unique wooded canyon and the plants and animals that call this place home on this 3-4 mile hike. Wear comfortable shoes and bring water. Info: (510) 521-6887. 8+yrs

REDWOOD TO SAN LEANDRO RESERVOIR SP
Redwood Gail Broesder
9:30am- 2:30pm, Sun, Oct 8 #12842
We'll go up and down and all around on this 10-mile hike from Redwood Park through East Bay MUD lands to Upper San Leandro Reservoir and back again.
Reg. Required: (510) 636-1684

AFTER WORK HIKE IN THE PRESERVE
Huckleberry Christina Leano
5:30-7pm, Tue, Oct 10
Sweat off the day's stress with a 3-mile hike through the intimate groves of Huckleberry and the Skyline Trail. We'll also explore the rich diversity of this special botanic preserve. Info: (510) 521-6887. 10+yrs

WOMEN ON COMMON GROUND SP
Sunol Katie Colbert
1-4:30pm, Sat, Sep 23, 1pm, Sat., Sep 30-2pm, Sun, Oct 1, 7-9:30pm, Fri, Oct 13
A series of programs for women who love to hike, camp and play in parklands, but whose concern for personal safety keeps them from enjoying their parks. **Sept. 23**: Equinox Hike & Backpack Planning Meeting–Explore backpacking skills and equipment, hike up Sunol's Flag Hill, and plan our Sept. 30 backpacking adventure. Non-backpackers welcome. **Sept. 30**: Beginning Backpack (Black Diamond) #12863–With our home on our backs, we'll hike 3 miles to a campsite. All skill levels welcome. Fee: $33 (non-res. $37) Reg. required: (510) 636-1684. **Oct. 13**: Lucky Friday Night Hike– Explore a moon dark night on this 2-3 mile hike through a long-gone volcano at Sibley. Reg. Required: (925) 862-2601

WEDNESDAY WALKS
Various parks Christina Garcia
9:30am, Wed, Sep 6, 27, Oct 4, 18, 25
Explore a new East Bay Regional Park every week with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear, bring water and dress for the weather–we walk rain or shine. For more information, please call (510) 796-0199 or e-mail cgarcia@ebparks.org. **Sept. 6**: MLK Jr. Shoreline–Easy 3.5-mile walk will take us along the shore of San Leandro Bay and Arrowhead Marsh. Meet at the last parking lot by the observation deck. **Sept. 27**: Las Trampas–Ridgetop vistas after a steep climb up to the top of Las Trampas Ridge. Three miles. **Oct. 4**: Sunol–Climb up the McCorkle Trail and get a great view of the wilderness on this rugged 3.5 mile hike. **Oct. 18**: Anthony Chabot–Meet at Bort Meadow Staging Area on Redwood Road for a moderately-strenuous 3.5 mile hike. We descend into Grass Valley and climb up the opposite ridge. **Oct. 25**: Vasco Caves #13111 (8:30 a.m.-1:30 p.m.)–Travel by chartered bus to view stunning geologic formations and ancient rock art at this sensitive preserve. View habitat for a variety of rare plants and animals, on our moderately-strenuous 3-mile loop hike. Reservations are required: call (510) 636-1684. Fee: $28 (non-res. $32)

OHLONE CULTURE SP
Garin Dino LaBiste
Noon-2pm, Sat, Oct 14
Travel into California's past to discover a heritage spanning 2,500 years and learn about Ohlone material culture. Their environment held resources for creating tools, acquiring food and constructing shelters. Info: (510) 795-9385.

CLYMA TRAIL
Morgan Territory Sabrina Dussau
9am-2pm, Sat, Oct 21
Traverse one of the East Bay's newest trails–Clyma Trail. Fall brings this park into its full glory, so we'll enjoy the autumn leaves while discovering who has and does call this place home.

EVENING WALK IN THE WOODS SP
Redwood Susan Ramos
6:30- 8:30pm, Sat, Oct 21 #12845
As the sun sets we hope to hear owls calling and other critters beginning their nighttime prowls. Stars shining down through the redwood boughs will light our path. 6+yrs
Reg. Required: (510) 636-1684

AUTUMN IN THE GREAT DALE
Round Valley Mike Moran
9am-1pm, Thu, Oct 26 #13130
Celebrate the return to standard time with a hilly and hearty 4-mile foray through a wonderland of oaks, vast vistas, and the beauty of the season. We will explore the changes autumn brings to this wondrous park. 8+yrs
Reg. Required: (510) 636-1684

TULE BOAT CONSTRUCTION SP
Quarry Lakes Dino LaBiste
9:30am- 2:30pm, Sat, Oct 28 #12975
Tule boats were used by Native Americans to travel across inlets, deep marshes, lakes and bays. Learn how this boat was constructed from a common marsh plant. We'll build a two-person tule boat and launch it for a paddle around the lake. 16+yrs
Reg. Required: (510) 636-1684

TEENS TOUCH THE EARTH
Miller Knox Bethany Facendini
10am-2pm, Sat, Oct 28 #12793
Have fun meeting other teens while earning community service credit! Discover how YOU benefit from protecting the bay. Take action by removing shoreline debris and invasive plants. Transportation may be available. 13-19yrs
Reg. Required: (510) 636-1684

HOWLOWEENIE ROAST IN THE REDWOODS
Redwood Interpretive Staff
7-9pm, Sat, Oct 28 #12799
Participate in the "Adventure of the Three Slippery Slugs and the Big Bad Raccoon" on this exciting walk into the redwood forest. During this strolling drama you'll learn many fascinating facts from the slugs and their friends on our way to a pumpkin-lit path and the campfire circle. We'll finish the evening with more songs, stories and snacks.
Reg. Required: (510) 636-1684
Fee: $6 (non-res. $8)

FARALLON ADVENTURE ABOARD NEW CAPT. PETE
Half Moon Bay Gail Broesder
8am- 4:30pm, Sun, Oct 29 #12800
Explore the Farallones National Marine Sanctuary, a food-rich marine ecosystem which attracts whales, dolphins, seals and seabirds. We're in search of the hundreds of individual Humpback and Blue whales researchers have catalogued as seasonal residents, as well as taking a look at the islands themselves. Parent Participation is required. 8+yrs
Reg. Required: (510) 636-1684
Fee: $75 (non-res. $81)

BEAUTY OF BRIONES
Briones Tara Reinertsen
10am-2pm, Sun, Oct 29
Explore a spectacular park and discover natural history secrets along the way. Meet at Bear Creek Staging Area. Bring lunch, sunscreen, and water for this moderate 5-mile hike. Info: (510) 525-2233.

EDUCATORS ACADEMY

TROUT IN THE CLASSROOM
Tilden Nature Area Mike Moran
9am-4pm, Sat, Nov 18 #12246
Through a classroom experience of hatching fish eggs, students experience the value of aquatic environments and how their personal actions affect these valuable resources. Instructors and their students set up an aquarium in the classroom, receive fish eggs under a special Fish and Game permit, and observe the fish as they hatch and develop. Completion of this workshop is required to become eligible to receive a permit to hatch fish eggs in the classroom. Topics covered include fish biology, life cycles, how to set up and maintain your aquarium and how this activity correlates to state educational standards. Grades K-12.
Reg. Required: (510) 636-1684
Fee: $25 (non-res. $29)

VOLUNTEER

FRENCH BROOM REMOVAL PROJECT
Redwood
9:30am- 1:30pm, Sat, Sep 2, Oct 7
Help restore beautiful Redwood Regional Park. French broom has been displacing the native plants. Volunteers are needed to remove the broom. We provide the tools. Meet at Skyline Gate staging area (8500 Skyline Blvd. Oakland) in Redwood Regional Park. For more information, call Jill Kiernan at (925) 756-0195.

COASTAL CLEANUP DAY
Shoreline Parks
8:30am-noon, Sat, Sep 16
Join us in our 22nd annual shoreline cleanup. Park District staff and volunteers will pick up litter and recyclables from shoreline parks and along creeks in Alameda and Contra Costa Counties. For info call: (510) 544-2590

IVAN DICKSON TRAIL MAINTENANCE VOLUNTEER
Briones-to-Mt. Diablo Regional Trail
8:30am-1pm, Sat, Oct 14
Work with EBRPD staff on trail maintenance on the Briones to Mt. Diablo Regional Trail in Walnut Creek. Bring gloves, hat, water, and sunscreen. Wear long sleeved shirts, and long pants, and sturdy shoes. Instruction and tools provided. Lunch included. To register, please call: (510) 544-2631. 10+yrs

PARK/TRAIL GUIDES
Various parks Rick Spitler
Various dates and times
Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outreach Recreation Program (B.O.R.P.). Info: (510) 849-4663

PUBLIC SAFETY VOLUNTEERS
Various parks Various dates and times
On-going volunteer programs assist District staff in the delivery of essential services, which include; educating trail users about trail safety; assisting the helicopter with rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs. FLIGHT MEDICS–Sgt. White, Info: (510) 785-3370. BICYCLE PATROL, HIKING PATROL, COMPANION DOG PATROL AND MOUNTED PATROL–Patrick Balizan, Info: (510) 544-3133.

SWIM FACILITIES

LAKE ANZA
Tilden Regional Park
Berkeley, CA 94708
(510) 843-2137

CONTRA LOMA
1200 Frederickson Lane
Antioch, CA 94509
(925) 757-0404

CULL CANYON
18627 Cull Canyon Road
Castro Valley, CA 94552
(510) 537-2240

DEL VALLE
7000 Del Valle Road
Livermore, CA 94550
(925) 373-0332

DON CASTRO
22400 Woodroe Ave.
Hayward, CA 94541
(510) 538-1148

QUARRY LAKES
2250 Isherwood Way
Fremont, CA 94535
(510) 795-4883

ROBERTS POOL
10570 Skyline Blvd.
Oakland, CA 94619
(510) 482-6028

SHADOW CLIFFS
2500 Stanley Blvd.
Pleasanton, CA 94566
(925) 846-3000

LAKE TEMESCAL
6502 Broadway Terrace
Oakland, CA 94610
(510) 652-1155

VISITOR CENTERS

ARDENWOOD
34600 Ardenwood Blvd.
Fremont, CA 94555-3645
(510) 796-0663

BLACK DIAMOND MINES
5175 Somersville Road
Antioch, CA 94509
(925) 757-2620

BOTANIC GARDEN
Tilden Regional Park
Berkeley, CA 94708
(510) 841-8732

COYOTE HILLS
8000 Patterson Ranch Rd.
Fremont, CA 94555-3502
(510) 795-9385

CRAB COVE VISITOR CENTER
1252 McKay Avenue
Alameda, CA 94501-7805
(510) 521-6887

DEL VALLE
7000 Del Valle Road
Livermore, CA 94550
(925) 862-2601

GARIN
1320 Garin Avenue
Hayward, CA 94544-6822
(510) 795-9385

SUNOL-OHLONE
P.O. Box 82 (on Geary Road)
Sunol, CA 94586
(925) 862-2601

TILDEN NATURE AREA
Environmental Education Center (EEC) at Tilden Regional Park
Berkeley, CA 94708
(510) 525-2233

REGISTRATION INFORMATION

NO REGISTRATION REQUIRED–Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION–For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION–The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.

ON-LINE: WebReg online registration for Centrally registered programs is available at www.ebparks.org/webreg.

MAIL-IN: Complete the registration form below and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

WALK-IN: Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsmuir House and south of the Oakland Zoo off I-580. See map above.

FAX

BY FAX: Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information and sign to approve the charge.

BY PHONE: **Phone registration requires a credit card.** Call between 8a.m.-5p.m. Mondays through Thursdays and 8a.m. and 4 p.m. on Fridays. The Reservations Office is closed on weekends and holidays.

Oakland	(510) 636-1684	Hayward	(510) 538-6470
Contra Costa Co.	(925) 676-0192	Outside East Bay	(510) 636-1684
Livermore	(925) 373-0144	TDD	(510) 633-0460

FEES: Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have **fee assistance funds available** for low-income individuals and families. For information call the registration phone numbers listed at the bottom of the previous column.

CHECK ACCEPTANCE: Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBRPD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional $15 Returned Check charge.

CREDIT CARDS: VISA MasterCard
VISA and Mastercard are accepted for all fee programs *except* those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY:

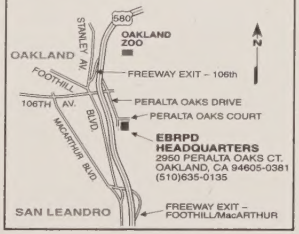
REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class. (See Special Cancellation Policy below for exceptions.)

IF YOU MUST CANCEL: For a full refund or credit toward another program, you must call in your cancellation **at least seven days prior** to the class or program. Failure to notify the Reservations Office **at least seven days in advance** of the program date will result in forfeiture of program fees. See Special Cancellation Policy below for exceptions.

Special Cancellation Policy: For certain programs requiring the Park District to commit a deposit or guarantee a minimum, refunds will not be available **less than 14 days prior** to the start of the program. In the case of cancellation due to inclement weather, a credit will be issued for a future class with the same instructor. These programs are noted by "Special Cancellation Policy applies" within the program description.

To reach the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill; turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



Sept.-Oct. 2006 Mail-in Registration

Register On-Line: www.ebparks.org/webreg

Mail or FAX

East Bay Regional Park District
Attention: Reservations
2950 Peralta Oaks Court, P.O. Box 5381
Oakland, CA 94605-0381
FAX (510) 635-5502

Make checks payable to: EBRPD

or use

☐ MasterCard ☐ VISA

Name (parent or guardian if under 18)

Address

City Zip

( ) Day phone ( ) Night phone

email address

Amount $

Expiration date

Authorized signature

Participant's Name	Birthdate	Class Title	Code	Date	Fee
	Month/Day/Yr	First Choice			
		Second Choice			
		First Choice			
		Second Choice			
Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)					$1
Subscribe to this publication (Regional in Nature) (Optional)					$5
Submit additional registrations on an attached sheet				Total	$

Signature required _____ Date _____
Parent or guardian if under 18

☐ Please check here if you are disabled and in need of special accomodations

How did you hear about our programs? ☐ TV ☐ Newspaper ☐ Visitor Center ☐ Radio ☐ Other

East Bay Regional Park District
2950 Peralta Oaks Court
Oakland, CA 94605-0381